



## So Many Choices

### Questions for Potential Caregivers

For more information, see: *Pregnancy, Childbirth, and the Newborn* (PCN) pages 8-10, *The Simple Guide to Having a Baby* pages 22-23; <http://www.childbirthconnection.org/article.asp?ClickedLink=247&ck=10158&area=27>.

**Timing:** It's best to choose a caregiver in early pregnancy, so you can begin getting prenatal care. These questions may aid you in your initial choice or if you need to switch care providers in later pregnancy.

- Physician or Midwife's name: \_\_\_\_\_
- Where were you trained? \_\_\_\_\_ How long ago? \_\_\_\_\_
- How many births have you attended? \_\_\_\_\_
- What portion of the labor and birth process do you typically attend? \_\_\_\_\_

#### Who Provides Care:

- Will I see you or another caregiver at each prenatal appointment? \_\_\_\_\_
- Does a nurse sometimes handle prenatal visits? \_\_\_\_\_
- Do the caregivers in your group share a similar philosophy of care? \_\_\_\_\_
- What are the chances you'll attend my birth? \_\_\_\_\_  
Will your colleagues respect the birth plan I've made with you? \_\_\_\_\_
- Will the hospital staff respect the birth plan? \_\_\_\_\_
- Do you recommend childbirth preparation classes? \_\_\_\_\_ Doulas? \_\_\_\_\_ Birth plans? \_\_\_\_\_

#### Managing Labor:

- Which non-drug ways to relieve labor pain do you recommend? \_\_\_\_\_
- May I move around during labor? \_\_\_\_\_ May I eat? \_\_\_\_\_
- What positions do you recommend for birth? \_\_\_\_\_
- How many of your clients attempt natural childbirth (birth without pain medication)? \_\_\_\_\_  
How many succeed? \_\_\_\_\_
- Do you avoid routine interventions if possible? \_\_\_\_\_  
What are your standard orders related to IV fluids and fetal monitoring? \_\_\_\_\_  
Can those routines be altered to conform to my needs and desires? \_\_\_\_\_
- How often do you find it necessary to perform an unplanned cesarean birth with a first-time mother having a low-risk pregnancy? \_\_\_\_\_ How many of your clients—low- and high-risk—have a cesarean? \_\_\_\_\_  
What can I do to help reduce the likelihood of needing a cesarean? \_\_\_\_\_  
\_\_\_\_\_
- If I develop complications during pregnancy or labor, will you manage my care or will you refer me to another caregiver? \_\_\_\_\_  
Who is that person? \_\_\_\_\_
- When and how often will I see you for checkups after the birth? \_\_\_\_\_
- How do you help mothers who want to breastfeed? \_\_\_\_\_
- For midwives, ask: Who is your backup physician? \_\_\_\_\_
- What conditions lead to a physician referral? \_\_\_\_\_

For questions to ask doulas, see: PCN page 24 or [http://www.dona.org/mothers/how\\_to\\_hire\\_a\\_doula.php](http://www.dona.org/mothers/how_to_hire_a_doula.php).

